

AMENDMENTS TO THE SPECIFICATION:

Please amend the Abstract as follows:

A device and method for teaching a person ~~the proper way~~ to swing a baseball bat. The ~~swing trainer~~ device comprises an elongated shaft having a circular cross-section with a grip handle on one end ~~of the shaft~~ and a head on the other end. A stop is located ~~in the area where~~ the shaft and handle meet and a slide is mounted on the shaft for movement along the shaft between the head and the stop. ~~A user may place~~ To use the trainer, the user places one hand on the handle ~~of the swing trainer~~ and the other hand on the slide with the slide at a location spaced from the handle. ~~As the user swings the trainer~~ During swinging, the user moves the slide along the shaft toward ~~the handle until the handle contacts~~ and into contact with the stop ~~and the user's hands are close together. This movement of the hands and slide during the swing causes the batter to swing the bat outwardly, away from the body. Alternatively, a user may grip and swing~~ The user's swing technique may be tested by the user placing the slide in its position closest to the handle and gripping the trainer in a manner similar to a conventional bat and swinging the trainer as if it were a conventional bat, thereby causing the slide to move from a position adjacent the handle along the shaft until it strikes the head and causes an audible sound, ~~which informs the user of the progress of the user's swing technique.~~